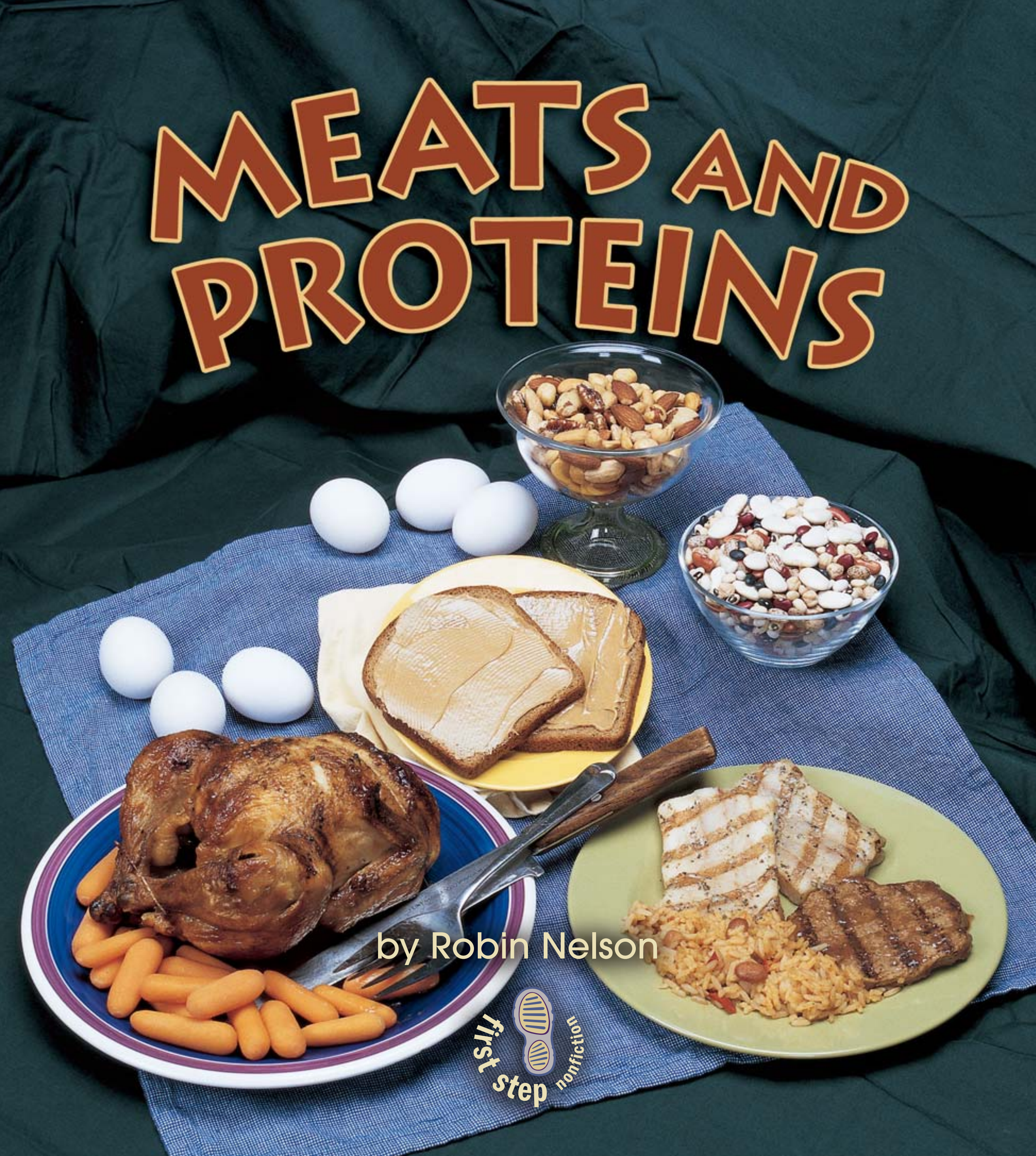
MEATS AND PROTEINS



by Robin Nelson

first step nonfiction

Meats and Proteins

by Robin Nelson

first step nonfiction

Lerner Publications Company · Minneapolis



We need to eat many kinds of food to be healthy.



We need to eat foods in the **meat** and **protein** group.



We can eat meat, **poultry**,
fish, beans, eggs, and nuts.



These foods give us protein and **fat**.



Protein helps build our bodies.



Fat gives us energy and keeps our bodies warm.



We need two **servings** of meat and protein each day.



We can eat a hamburger.



We can eat fish.



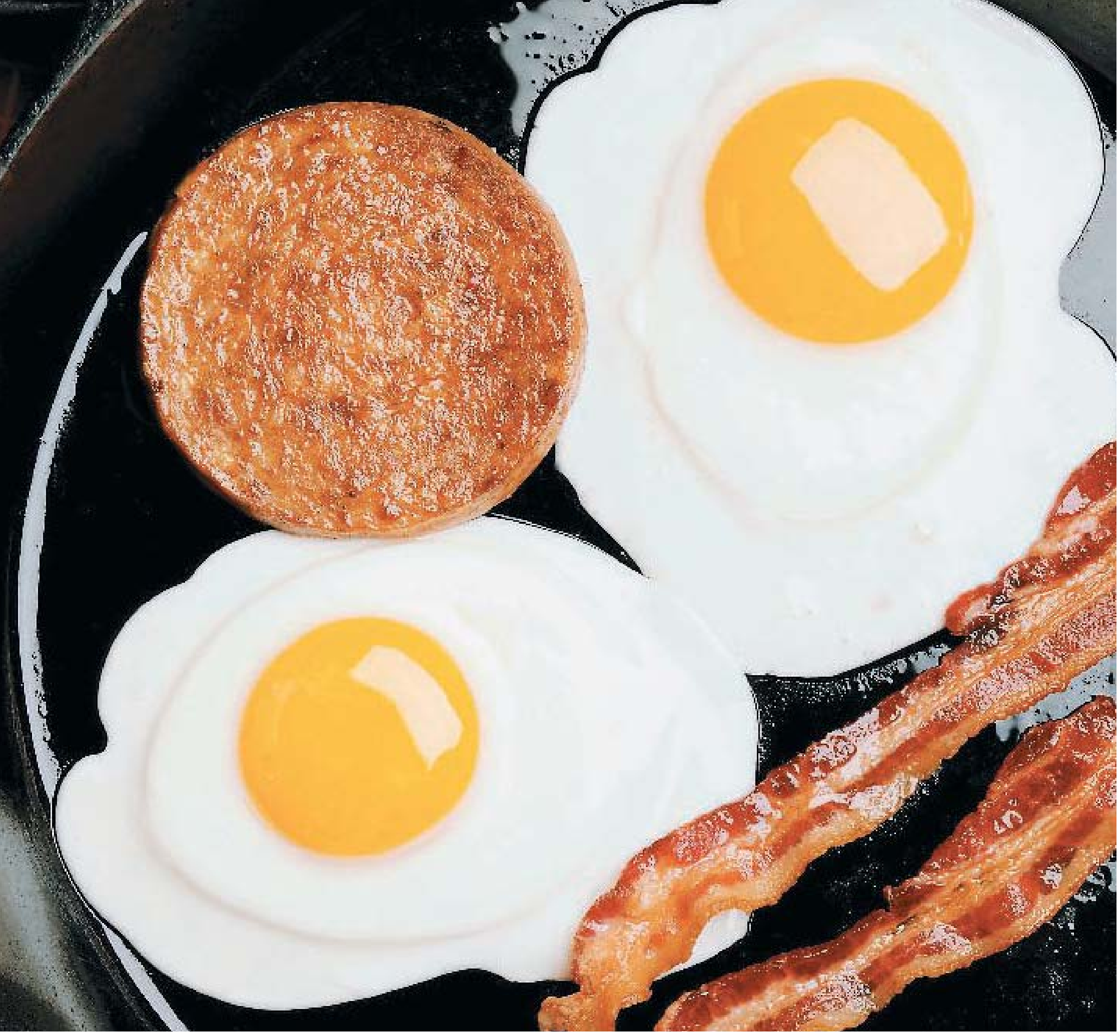
We can eat turkey.



We can eat shrimp.



We can eat beans.



We can eat eggs.



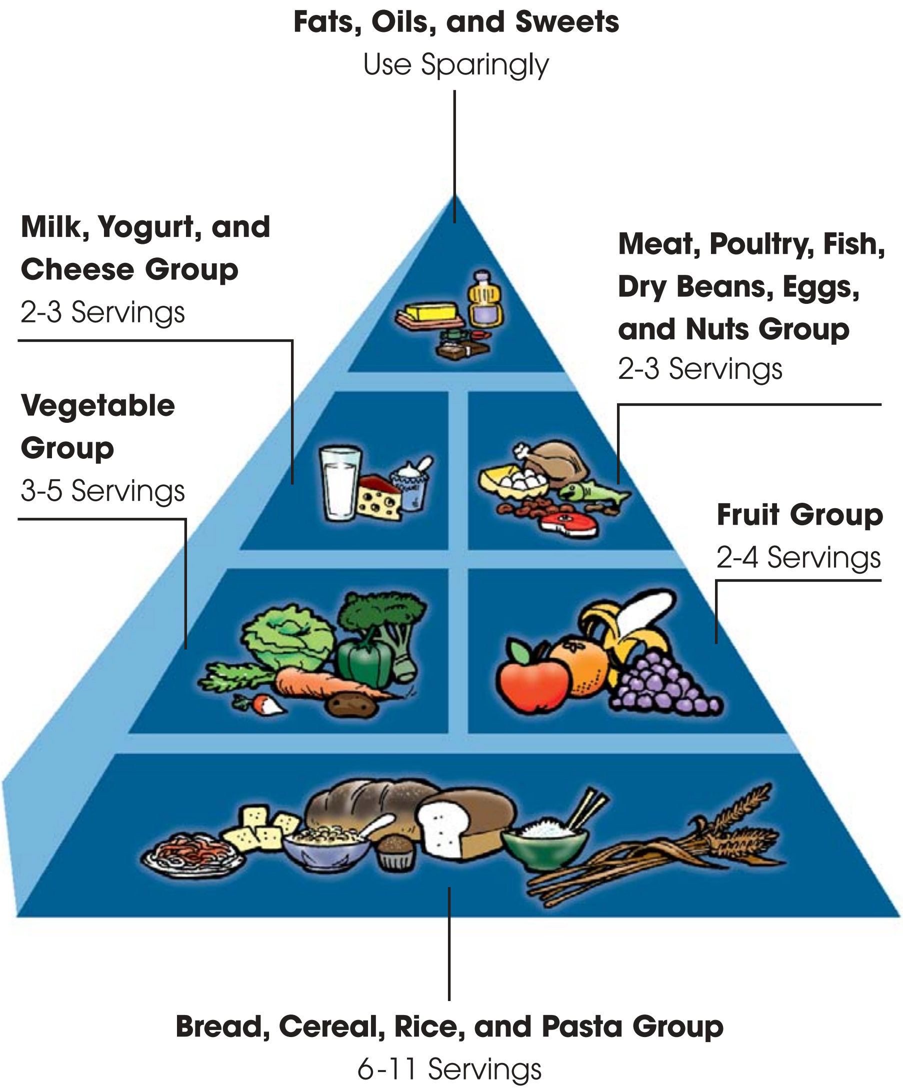
We can eat peanut butter.



We can eat nuts.



Meat and protein foods
keep me healthy.



Fats, Oils, and Sweets
Use Sparingly
Milk, Yogurt, and Cheese Group
2-3 Servings
Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group
2-3 Servings
Vegetable Group
3-5 Servings
Fruit Group
2-4 Servings
Bread, Cereal, Rice, and Pasta Group
6-11 Servings

Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group

The food pyramid shows us how many servings of different foods we should eat every day. The meat, poultry, fish, dry beans, eggs, and nuts group is on the third level of the food pyramid. You need 2–3 servings from this group every day. The foods in the meat, poultry, fish, dry beans, eggs, and nuts group are good for you because they have protein. Protein helps our bodies grow.

Meat and Protein Facts

- The average child will eat 1,500 peanut butter sandwiches before graduating from high school.
- The peanut is not a nut. It is a legume and belongs to the pea family.
- November is National Peanut Butter Lover's Month.
- Hens lay one egg every 24 to 26 hours.

- Beef comes from cattle and gives our bodies iron, zinc, protein, and B-vitamins. These nutrients are an important part of a healthy diet.

- Pork is meat we get from pigs. Pigs give us pork chops, ham, bacon, spareribs, sausage, and pork roasts.

Glossary



fat – parts of food that give you energy



meat – parts of animals we eat



poultry – meat from birds like chickens, turkeys, ducks, and geese



protein – parts of food that give us energy and help build bones, hair, muscles, and skin



servings – amounts of food

Index

The photographs in this books are reproduced through the courtesy of: © Todd Strand/Independent Picture Service, front cover, pp. 3, 4, 5, 13, 15, 16, 22 (top, second from bottom, bottom); © PhotoDisc/Royalty-Free, pp. 2, 6, 8, 9, 11, 12, 22 (second from top, middle); © Corbis Royalty-Free Images, pp. 7, 14; © USDA/Ken Hammond, p. 10; © Rubberball Productions, p. 17.

Illustration on page 18 by Bill Hauser.

Lerner Publications Company
A division of Lerner Publishing Group
241 First Avenue North
Minneapolis, MN 55401 USA

Website address: www.lernerbooks.com

Library of Congress Cataloging-in-Publication Data

Nelson, Robin, 1971–
Meats and proteins / by Robin Nelson.
p. cm. — (First step nonfiction)
Includes index.
eISBN: 0–8225–1773–6
1. Meat—Juvenile literature. 2. Proteins in human nutrition—Juvenile literature. I. Title.
II. Series.
TX373 .N45 2003
613.2'82—dc21 2002013616

Manufactured in the United States of America
1 2 3 4 5 6 – JR – 08 07 06 05 04 03